

# Deliver Gratitude Day

This lesson focuses on the meaning and benefits of gratitude. Students give examples of what people give up (opportunity cost) when they give philanthropically.

For their service project, students will decide how they can 'deliver gratitude' to a deserving person or group. They will then complete a service such as writing thank you notes.


*many thanks*

A small version of the Learning TO GIVE logo is located at the bottom right of the page, featuring the red heart with a green leaf and the text "Learning TO GIVE" in a dark grey serif font above "TO GIVE" in a green sans-serif font.

“It is not happy people who are grateful; it is grateful people who are happy.”

1. What does this quote mean to you?
2. What do you think gratitude is?

According to the world’s leading gratitude researcher Robert Emmons, gratitude is an “affirmation of goodness where we affirm that there are good things in the world.”



Kindness  
Transforms

# What Does Gratitude Look Like?

Watch a gratitude video:

K-5: Kid President:

<https://www.youtube.com/watch?v=yA5Opt1JRE4>

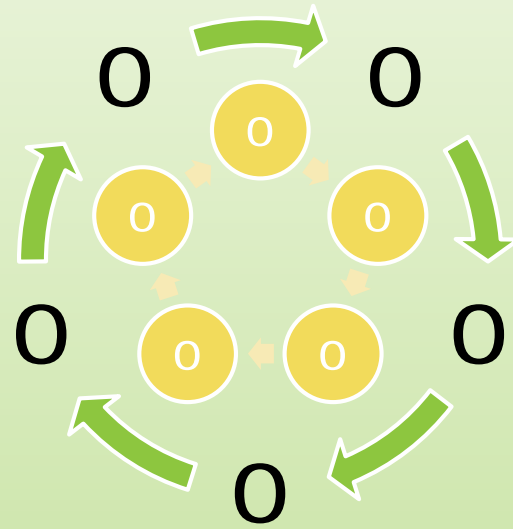
5-12: The Gratitude Experiment:

<https://www.youtube.com/watch?v=oHv6vTKD6lg>

Quietly write a list of things and/or people your are grateful for.



# What Does Gratitude Look Like?



1. Stand in two circles made up of the same number of people. One circle faces out, and the other circle faces them one to one.
2. Tell the person facing you one thing you are grateful for.
3. Then the outer circle rotates clockwise, so everyone is facing someone new.
4. Repeat.

# Teach Quotes to Others

With your group, read and discuss your quote. You have five minutes to discuss and plan, and one minute to teach your quote and its meaning to the rest of the class. You may act it out or give examples. Be creative!

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." - Albert Einstein

"None is more impoverished than the one who has no gratitude. Gratitude is a currency that we can mint for ourselves, and spend without fear of bankruptcy." - Fred De Witt Van Amburgh

"If you count all your assets, you always show a profit." - Robert Quillen

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." - Oprah Winfrey

# Science of Giving

Share the [Science of Giving](#) on the white board and talk about the benefits of giving.

Relate giving to gratitude - when someone gives to us, we feel gratitude, and when we give, we inspire gratitude in others.

## The Science of Giving

86%

of the world's cultures believe volunteering promotes well-being (Konrath, 2016)

Service-learning, when done well, is associated with **engaged learning**. (Billig, 2010).

### Giving is Contagious!

People who are the recipients of generosity or see someone else give are inspired to give as well (Konrath, 2016).

Youth are **4X** as likely to take voluntary action if someone they respect prods them.

94%

of Americans donate financial resources. Youth prefer to give time over money.

Giving activates the pleasure center in your brain (The Life You Can Save, 2015).

Higher levels of volunteer work are associated with higher levels of overall life satisfaction (Anik, et al., 2009).



Volunteering builds community: 16.7% of volunteers say they gained a network of people they can count on.



### Developmental Assets

learned through service lead youth to be successful contributing adults (Search Institute, 2006).

Service-learning is a primary example of engaging students in "shared inquiry", meaningful decision-making, and integration of classwork and community life (Zeldin, 2004).



Giving literally builds physical strength (Suttie & Marsh, 2010).

60%

of adults feel giving makes an impact. Youth feel proud to give.

**Giving of your Time, Talent, or Treasure is good for ALL!**

# Opportunity Cost

The cost of volunteering is simply something you have give up in order to help another person. Opportunity cost is "the next best alternative that must be given up when a choice is made. Not all alternatives, just the next best choice."





# Making a Choice to Make a Difference

Examples:

When you volunteer to clean up trash by the river, you may give up the opportunity to play soccer after school.

When you spend time making advocacy messages for the Humane Society, the opportunity cost may be losing time connecting with friends on social media.

Helping pass out water to runners at a marathon may cost the volunteer energy.



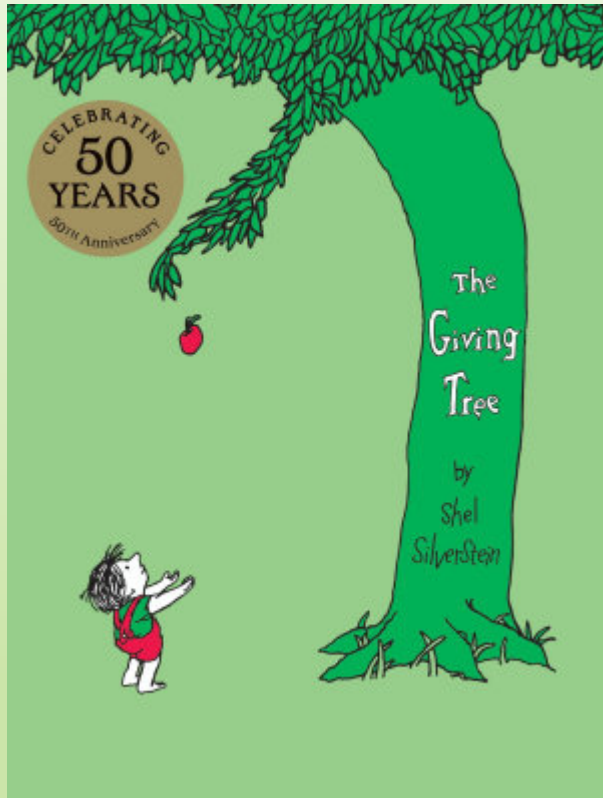
Are you willing to give up  
some time or energy to  
contribute to someone else's  
happiness?

Why?

What do you want to do?



# *The Giving Tree*



1. What did the tree give up in personal cost?
2. Do you need money to help others?
3. What do you have to give?
4. Are the benefits to you and others worth the opportunity cost?



# Service Project:

We will communicate gratitude to someone either in a letter or on social media. The gratitude contributes to the well-being of all.

1. Explore the "GivingTuesday" website. Plan a way to show gratitude on that day.
2. Think about someone who you admire or appreciate (parent, grandparent, coach, teacher, friend, mentor, school staff, military member). What do you admire? What did they do to help you?
  - Write a thank you note and send it to them in the mail.
  - Write a sentence of gratitude for someone on a piece of paper, and take a picture of yourself holding it. Post it on social media with the hashtags #unselfie, #givingtuesday, #gratitude, and #Teach1.
  - Leave sticky notes of encouragement throughout the building.
  - Deliver coffee and donuts to school staff, like lunch workers, bus drivers, and office staff.
  - Create short video telling about the generosity of someone special/someone who has made a difference in your life. Submit it to [VING!](#) for a chance to award that person a check for \$1,000.

# Reflection

1. Discuss the impact of the project on the person you thanked. Reflect on how they felt when you said thank you.
  2. Student groups present a slideshow or social media message to encourage others to express gratitude and “pay it forward.”
  3. Share the reflections with Learning to Give and a national audience. The TeachOne initiative connects teachers across the country with others who completed this project.
- Follow-up: Discuss what you’d like to do next to continue aiding your community.
- #GivingTuesday #Teach1

